

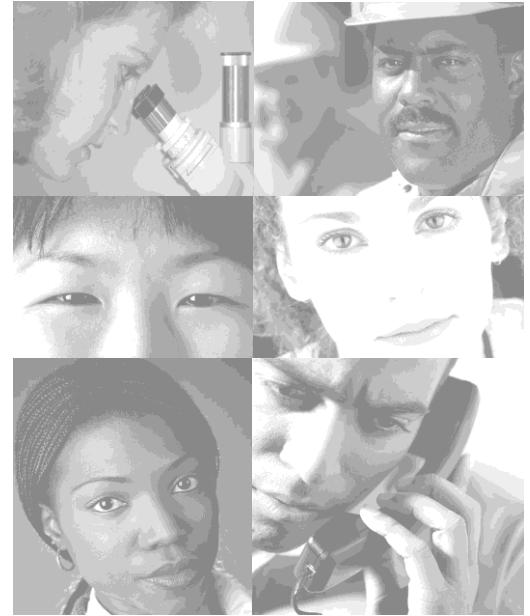
ACT now to stop a suicide

Did you know that 70% of people who commit suicide tell someone about their plans, or give warning signs?

Have you heard someone you care about say:

- My family would be better off without me.
- There's nothing I can do to make it better.
- You'll be sorry when I'm gone.
- Life isn't worth living.

A *Acknowledge:* take it seriously and be willing to listen.
C *Care:* take the initiative and voice your concern.
T *Treatment:* get professional help immediately.



We can help.

For confidential help, call:
State of Michigan
Employee Service Program
800-521-1377
517-373-7630
313-456-4020
www.michigan.gov/esp

National HopeLine Network
Available 24 hours 7 days a week

800-SUICIDE
For TTY call:
800-448-1833

[Suicide – Is Someone You Know At Risk?](#)
[Understanding Suicide](#)
[Suicide Awareness in the Workplace](#)
[Teenagers and Suicide](#)
[Supervising an Employee With Suicidal Concerns](#)